

# Chichester Cathedral Pilgrimage in a Day

Stoughton to Chichester,  
8 miles

Pilgrimage is journeying with purpose on foot to holy places. Discover the holistic benefits of this tradition with a one day route through spectacular landscapes steeped in history.



## Darkness Into Light

*Darkness Into Light* is an exhibition of multi-layered, meditative artworks by Artist Michèle Griffiths which will be on display at Chichester Cathedral from 23rd June 2021 to 8th August 2021.

Make pilgrimage to the Cathedral to explore the possibility of hope in dark times, and discover the marks made in the walls by pilgrims centuries before you.



## Navigating

You don't have to be an expert at map reading:

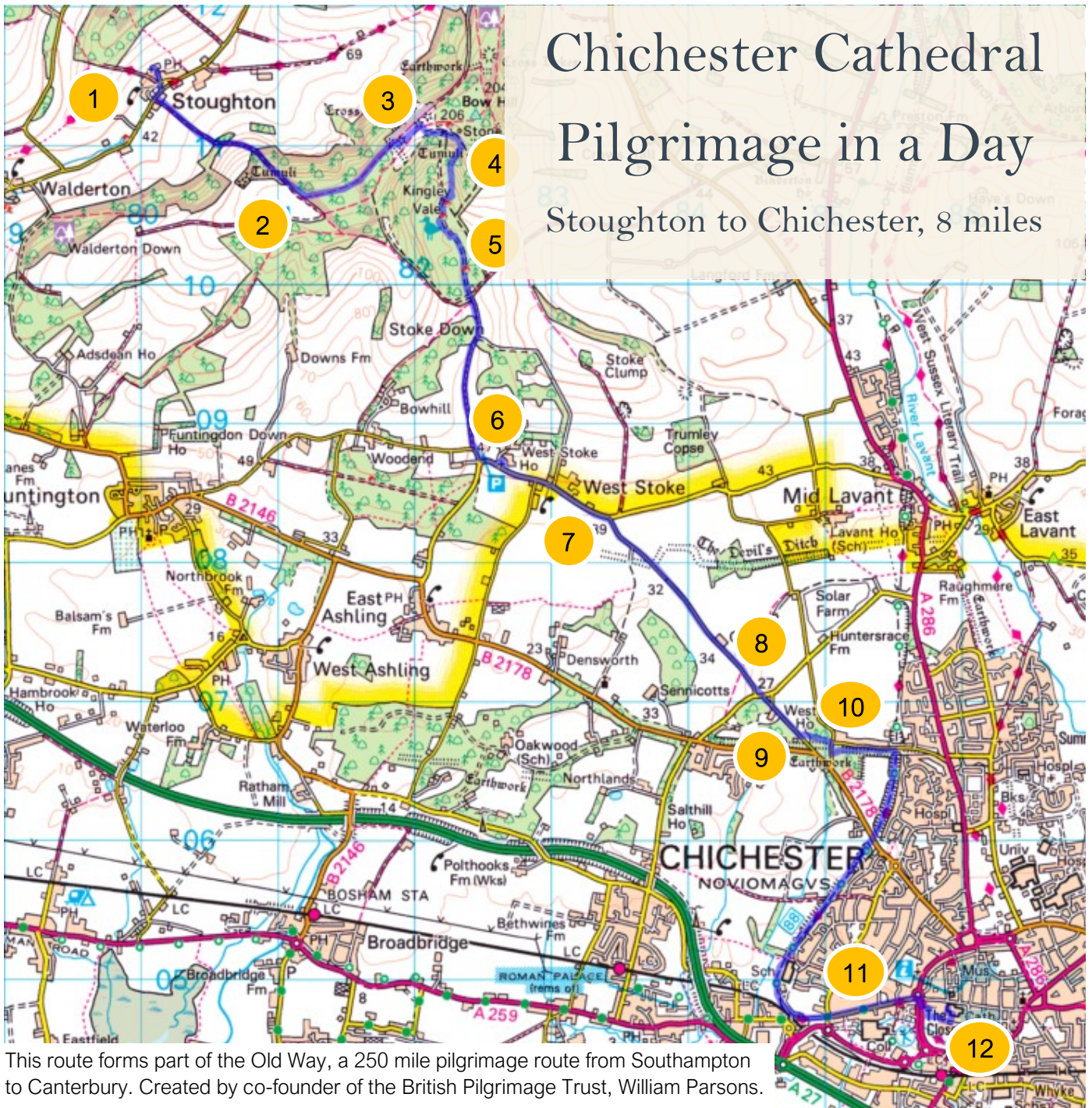
Free downloads of google map and GPX files are available for use with your smartphone here

[britishpilgrimage.org/chichester-cathedral-darkness-into-light/](https://britishpilgrimage.org/chichester-cathedral-darkness-into-light/)



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This route forms part of the Old Way, a 250 mile pilgrimage route from Southampton to Canterbury. Created by co-founder of the British Pilgrimage Trust, William Parsons.



St Mary's



Devil's Humps

## Route Guide

- 1 Start at **Stoughton**, and feel the near 1,000 years of history at **St Mary's Church**, taking time to set your pilgrimage intention before turning right down the main road and then left onto the track at Tythe Barn House to head up the hill.  
  
You'll pass a memorial to a pilot and find wildflowers growing on the bank before heading into the woods. Take the time to listen, breathe the scent of the trees
- 2 Take the left fork.
- 3 Discover the **Devil's Humps**, bronze age barrows also known as the Kings Graves. Numerous myths surround them, could they really be the resting place for Saxon and Viking leaders defeated by the men of Chichester? Contemplate who made them.
- 4 Take in the view before heading down **Kingley Vale**; choose between the steep steps or a gentler, longer path (shown as a black dotted line) that skirts round the top of the hill and delivers you at the dew pond.
- 5  
  
At the bottom, dive into the woods and allow yourself to explore its **ancient yews** (if you trace the nature trail arrows backwards you won't get lost). Feel the bark of the trees, can you sense their age? Follow the long straight track out of the valley.
- 6 At the car park, follow the lane to the left to arrive at **St Andrew's Church** in **West Stoke**. Run your hands over the walls and see if you can find some Roman brick. Now is a good time to revisit your intention.
- 7 From **West Stoke** continue on the lane, taking the right hand lane at the triangle.
- 8 At the crossroads continue on straight ahead.
- 9 Eventually, before you join the busier main road you'll find a path on the left that takes you into the woods. Take the left path, and when you come to the crossroads turn right up the lane.
- 10 On your left you will see the entrance to **Brandy Hole Copse**, take either of the paths on the left. The higher path will after a while give you a view of the Cathedral, or the lower path will take you through one of the Chichester Dykes. These late iron age earthworks were probably built by Atrebates people.  
  
Turn right onto the **Centurion Way**, a dismantled railway that will take you down to the Westgate.
- 11 Follow the Westgate past the mini roundabout and all the way until the big roundabout, here turn right to enter the Cathedral precincts via the **Bishops Palace Gardens**.
- 12 If you have time, rest awhile in the gardens, take off your shoes and walk in the grass to refresh yourself before entering the cathedral. When inside, explore the **Darkness Into Light** exhibition, perhaps look for some of the original pilgrim marks that inspired it. Consider the experiences you accumulated on your pilgrimage, and take the time to contemplate your intention.

To make your journey a pilgrimage set your intention before setting off. Not sure how? See our guide on the back page.

## How to make pilgrimage

**Set your destination.** Follow in the footsteps of thousands of pilgrims to the Shrine of St Richard, a 13th century bishop of Chichester whose relics lie behind the High Altar at Chichester Cathedral.

**Set your intention.** Give your walk a purpose unique to you. All of us usually have at least one question we want answering, to bring into our lives, or let go of. So choose something profound or mundane, and dedicate your journey to that purpose.

**Walk.** Allow the rhythm of your footsteps to release the everyday thoughts from your mind. Be ever-present to all around you; the wildlife, landscapes, skies, paths, villages, architecture, locals, strangers, stories, sounds, smells, textures, weathers. The world may start to resonate with your intention.



Want to learn more about making pilgrimage?

You can find lots of information about pilgrimage, including tips, routes and more at

[www.britishpilgrimage.org](http://www.britishpilgrimage.org)



CHICHESTER  
CATHEDRAL